

## DAILY MAGAZINE PAGES FOR EVERYBODY

## Secrets of Health and Happiness

## Why Your Nose Lining Demands Strict Care

By DR. LEONARD KEENE HIRSHBERG

A. B. M. A., M. D. (Johns Hopkins).

HAUCER was the Canterbury poet who knew men and medicine better than the doctors of his day. He even anticipated the French physician of yesterday, who discovered that nose-piece for telephone service is superior and helpful to the mouthpiece.

Thus:

"Full well she sang the service divine,  
Entuned in her nose most sweetly."

This poetry is the first written word that calls physiological attention to the fact that the nose is an aid to a pure voice. When you hear musicians or doctors say: "He is singing through his nose," be up and at them. Everybody sings and talks through the nose. The so-called nasal twang, the stage voice of Yankees and down Easterners, is, after all, the voice of nasal obstruction.

Any interference in the nose or the "pharynx"—the back part of the nostril cavity—creates the same tonal troubles which a loose piano string does. The pure musical tones are broken up into discordant overtones.

The nose, as a hilly eruption as it is amid the valleys of the face, is a much neglected part of the human make-up. Commonly supposed to be ornamental, for smelling and for "catching cold," the nose is really an important structure. Like many other valuable, but undervalued, articles in the world, as much respect must be paid to the nose as to other more popular organs.

## Why Care Is Needed.

Defective ailments, in their assault upon the nose, usually attack the red membrane interior. The inside of the nose is like a rumpled carpet, namely, full of folds. Thus nature presents a surface as large as Dido's cowhide for the foundation of Catarrh. Frigid winds are thus forced to blow over a large area of warmed nasal lining before they dare leave this scarlet-moose to purify the lungs. Here this, the Arctic air has become as balmy as a June zephyr. The innumerable meshes of "mucous" membrane in the nose have heated it.

When you consult a nose specialist about obstructed nostrils—this may be due to chronic colds, cysts, a broken partition or other irritation—do not call him a "rhinologist." Rhinology is an ancient medical term from the Greek, signification of diseases as you would animals into varieties, species and genera. Therefore, all rhinologists are not nasal experts.

Strange as it seems, the teeth are cleaned several times a day, yet the nose, which takes in more dirt and dust and is exposed all the time, is rarely washed.

Use only sprays, whether harmlessly mild or saturated with antiseptics, should not be used in the nostrils and nasal cavities. The habit of using an oil atomizer, advised by doctors until a year or so ago, has been discovered to coddle the membranes too much. Disinfecting nasal sprays are now taboo.

## Method Prescribed.

The nose should be rinsed out and cleaned at least once or twice a week. It is true that even this is overdue at times. When a sound nose—one that warms the incoming air, allows you to recognize odors and is open for

## Answers to Health Questions.

S. M.—My feet burn and are uncomfortable. Have to do lots of standing. What is a cure for corns?

You perhaps need arch supporters. Try 10 grains each of salicylic and acetic acid to an ounce of colloid.

A Reader—What is cause of itching after taking a bath? Salt is itching I find.

It may be due to a lack of accommodation of your skin juices to the water. Salt is a proper corrective.

## Girls Can Succeed By Faith in Self

NEW YORK, July 8.—"Focus your activities. Have a specialty. Keep faith in yourself."

This is the message Miss Tracy Joralemon, who is known throughout America as "the wedding cake maker," brings to women.

Miss Joralemon, a popular leader of the younger social set until she awoke one morning to find herself among the things that men work for a living. Then she was delighted. Miss Joralemon had been accustomed to giving orders to the cook and maid. The cook's job had always appealed to her. So when the call to arms sounded, something along the cookery line seemed a wise response. And there was the Martha Washington cake receipt, a family heirloom.

"And so," says Miss Joralemon, demurely, "Martha Washington and I started forth to make our fortune."

Like most fortunes, it began small. The first order was to fill a half-hundred wedding cake boxes at the marriage of a schoolmate. The recipe and Miss Joralemon did such good team work that her order followed swiftly. Today the wedding cake lady is so busy she hasn't time to read in the newspapers about the very weddings she "manages."

The wedding cakes are all baked in Miss Joralemon's kitchen at Brick Church, N. Y. The cake lady herself is a slip of a person, blue-eyed and

slender, alert, bustling, and full of originality.

"There's just this about earning your living," says she. "Work has been provided for every human being. No one could convince me to the contrary."

"Whoever you like to do, you usually do well. If you know how to knit washcloths and don't know how to write novels, knit the washcloths by all means, knit them well."

"Men are loath to stoop to humble callings. Women are not. Men have been trained to do the 'big things' of life, the hunting, the warfare. It has remained for women to attend to all the 'small things.' Often they are rather important jobs. Always they are rather numerous."

"The main point in earning your living is to focus on one activity. Have a specialty. Washcloths is a good one. Wedding cake is more interesting, perhaps."

"Any girl can succeed by following my rules:

"(1) Choose one thing you can do well."

"(2) Have unshakable faith in yourself and your product."

"(3) Depend for everything on your own common sense and your own hard work. Don't wonder how to begin. Begin. Take one simple, practical step. If you are in earnest and your work is good, the rest comes easy."

Miss Joralemon is still friendly with her erstwhile social set.

## Comes the "Aero" Frock--- Latest Ideal in Bouffancy

Dark Brown Pussy Willow Taffeta Made in Latest Bouffant Effect Can Be Worn Only by Slimmest of the Slim

The Aero Gown, Which Has Appeared at Gimbel Brothers, in New York, Is Another Direct Insult to the Obese.

THE sets of three ruffles, the small puff at the hips, and the suggestion of a bustle was bad enough, but not impossible for the fat woman, but there is no hope for them in this costume.

For the aero gown outrages the mere suggestion of plumpness. Just a few inches above the knees the gown is gathered in, and the last straw in bouffancy at the hips is accomplished. The creation gets its name from the balloon effect, for it does look as if the young lady were to go up at any moment.

As far as the blouse is concerned there is nothing unusual exploited. Kimono in style, edged at cuff and along the front and round the neck with soft heavy white crepe, a soft bit of velvet, loosely set in just above the belt buckle, gives the popular vest effect; aided by the soft embroidered neck yoke, decorated with four, fancy buttons.

A dark brown patent leather belt, with a buckle of gleaming white kid, is almost five inches wide, and adds to the tailored effect of the whole costume. The shoes are dark bronze, with brown tops to match.

Just one last word of comfort. The model has just retreated, y' understand, from the hands of the buyer, and her dress has been most carefully pulled out to its fullest extent. There is neither wind nor hard to crush it.

Under ordinary circumstances it would be crushed, so as to be almost natural—could even be worn by a plump one!

## Common Origins

People say "God bless me" after sneezing from the fact that in the days of the plague this terrible malady began with violent sneezing and other indications of cold. The exclamation was thus originally a prayer to be delivered from the plague.

The bow is first seen depicted on Egyptian monuments about 2,600 B. C. Its form then did not differ greatly from that in use among boys at the present day. It was used in European warfare as late as 1840, and was deemed quite as effective as the arquebuses then employed.

The title of doctor was invented for the especial benefit of the learned Irenaeus of the 12th century. The title was conferred by the University of Bologna. The first doctor of medicine was William Gordenio, who received the title from the college at Asti in 1329.

The Thanksgiving proclamation was originated by Francis Bernard, "Captain General and Governor in Chief in and over His Majesty's Province of the Massachusetts Bay." It was issued November 4, 1779, and the form was that which has been, in substance, adhered to ever since.

## Sleep Preferred.

Mrs. Randall had just finished instructing her new girl, who came to her from an intelligence office. Her general appearance pleased the mistress greatly, and she felt sure that at last she had succeeded in finding a prize.

"And, Lizzy, do you have to be called in the morning?" she asked as an afterthought.

"I don't have to be, mum," replied the new assistant hopefully, "unless you just happens to need me."—Lippincott's.



## Advice To Girls

Dear Annie Laurie:  
I have at last decided to come to you for your advice upon a subject which I have been trying to consider for myself for some time now. I am keeping company with a very nice young man whom I think a lot of. I have also a very dear friend who lives in another city. Do you think it is wrong of me to keep in correspondence with him, and also to receive presents from him? I have told him that he wasn't to send me anything more, but he still persists in sending me presents. What do you think is best for me to do?

ISOBEL.

W HAT do you mean, Isobel, when you say you are "keeping company" with a man?

Are you engaged to him, and do you expect to keep your engagement?

If you are, then you certainly ought not to keep up your correspondence with your other friend without the consent of your fiancé.

The young man in another city may be just a friend; in that case there is no reason why you should hurt his feelings for a foolish idea.

Why don't you talk the whole thing over with your real sweetheart, and then do what he says is best? It seems to me that's the sensible way out of the difficulty.

"Faith"—I have no use for the person who repeats disagreeable things to a friend because he "thinks she ought to know." There is more malice in it than friendship. If this girl is worthy of the respect and honest love that her, she will not be hurt by the confidences of such a man. You can make him feel very sure that you don't believe any such yarns. There was certainly no impropriety in your taking your friend's guest to the drug store for a glass of soda water, and you certainly are fond of it. It was simply a polite attention, such as giving your seat in the car to a woman, and your little remark is very silly to take offense. Please tell her I said so.

As for the more serious matter, don't fret about it, but if you think the man is really doing harm, go to the girl's father or brother, or let him know yourself you intend to put a stop to it.

A. E. J.—There isn't anything for you to do, except to be sweet and pleasant and your own natural self.

No amount of trying will make a man care for you. Let him see that you like him, and he will care for you.

Country—If I were you, I should tell the story you are engaged to that you saw her the other evening and talk things over frankly. To go to the mother and tell her about it is a very heinous offense, but deceit is always hard to forgive and you have just cause to be hurt. After a good heart to heart talk, you'll feel better. But show her that habitual deceit is an almost uncurable thing.

Worried—No wonder the young man you speak of is hurt and angry. When a man says a woman the highest compliment in his power—asks her to marry him—she surely has a right to have an answer. She has no right to be frivolous and silly and refuse to answer. If you care for him, ask him to wait for you, but if you do not love him, tell him so as sweetly and kindly as possible. Keep him for a friend, if possible, but give him some answer to the most important question a man can ask a woman.

Sweets—You seem to have been rather in the wrong, my friend, so it is up to you to apologize to your fiancé. Tell him you'll "never do so any more."

You must realize that when a girl agrees to marry a man she chooses between him and the whole world. She owes him honesty. She has no right to deceive him. If she has any real reason to want to go somewhere with another man, let her tell him about it, and if he is a reasonable sort of chap doubtless he'll say go ahead.

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Annie Laurie

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper and will answer them in these columns. They should be addressed to her care this office.

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Boiled cucumbers should be peeled and quartered, and cooked in boiling salted water for twenty minutes. They may be served simply with drawn butter or with a cream sauce on toast, the same as asparagus. If you wish a more delicate dish, boil the cucumbers till they are tender, and then bake in cream sauce, dotting the top of the dish with bread crumbs.

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When young people are ready to buy the furnishings for their first home of married life they should look the field over carefully, take into consideration all that every house has to offer for their advantage, and then decide upon one firm with which to trade.

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## The Fireless Menu

By MRS. CHRISTINE FREDERICK.

IN spite of all that has been written about the fireless I still receive letters daily from women who question whether it will actually "work," and inquire how much time and labor is actually saved by its use.

So I think today I shall describe the actual preparation of a fireless dinner. Let us make out the menu together. We will want possibly a soup; then certainly a meat, a vegetable and a dessert. If we want a soup, we can save most time by preparing it at night, taking the necessary precautions used in stock-making, the shins, the vegetables, seasoning and water, placing them in the largest quart or half-gallon pot, and allowing them to cook about an hour on any kind of a "flame stove"—coal, gas, or oil.

While the contents are actually boiling, put on the cover, fasten down the snaps, and allow the contents to be practically bubbling over as you place the utensil in the well of the cooker. You can do this at night, perhaps while washing supper dishes, and in the morning all you will need to do is strain the stock, and it will be ready for use.

Those pieces of meat requiring long cooking are most successful in the fireless, such as a flank steak, beef or lamb chops, etc. Choose a two-pound flank steak, stuff it with bread crumbs, roll and tie it, and place it in the bottom of the six-quart utensil. While we are preparing this and also straining the stock, we have chosen as the vegetable, the two "radiators" can be heating. Twenty minutes is sufficient time to allow them on the gas range; a little longer on oil or coal. The pot containing the meat and also the one with the string beans can be resting on the radiators while they are actually heating, thus saving every particle of fuel. While these two are cooking on the stove without our attention, we can prepare tapioca, corn starch, raisin puffs, or other des-

sert. By the time this is ready for being placed in the fireless, so also will the meat and the string beans which will have become thoroughly heated, and the beans brought to the boiling point and kept there for about five minutes. We place one radiator directly over our stuffed flank on its rack, close the utensil, and place it in the well in the way. Then we can place the string beans in a large utensil with plenty of water, we can use another form of war and steam our raisin puffs or similar dessert over the water in which the string beans are cooking. The preparatory cooking has taken for meat, beans, and dessert about half an hour on the stove, after which time we have no fuel in the kitchen and the process of cooking is continued in the fireless, slowly, but surely, and in such a manner as to bring out flavor, make muscular fiber tender, and burst starch cells of food so that they can be most perfectly digested.

By the use of the fireless cooker, we have spent one hour's fuel to cook the soup instead of from four to five hours, we have cooked the meat in half an hour's fuel instead of over an hour. We have cooked our string beans in ten minutes instead of forty. We have cooked the dessert with the heat generated by the string beans instead of using a separate amount of an hour and a half's fuel. Briefly, the difference in the use of the two methods is shown by the one hour and forty minutes fuel by the use of the fireless versus eight hours of fuel with any other method, or a saving of over six hours of fuel!

Besides, we have the great saving in comfort to whoever does the cooking, keeping away from a hot range, and a cool kitchen instead of over an hour. And last, we have a method of cooking best adapted to the health and pocket-book of the average family to whom the fireless cooker is a new and trifling as the expensive cuts the fireless cooker can do more than any other one factor to reduce expense. If one piece of equipment can save so much in fuel, it is time in comfort and convenience, why will not more women adopt it? (Copyright, 1914, by Mrs. Christine Frederick.)

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## Club Women to Stage Many New Experiments

Did you know that Washington is to be the scene of novel activities among club women during the coming year?

Many striking experiments are to be staged here next winter, and plans for these, as well as for a "get together" campaign will be described in next Sunday's Times.

This article is to be followed by one of the most interesting and comprehensive series for women ever published in a Washington newspaper.

Every woman's club in the District, and every club in which women are active, will be touched in this series.

"Washington's club women are Washington's home makers," declares the subject of next Sunday's interview.

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